

# GURAY'S HYPHERTROPHY no.1

Pazartesi			Salı			Çarşamba		
<b>BENCH PRESS</b>	4x6-8	RIR 1-2 Son set failure	<b>LAT PULLDOWN</b>	4x8-10	RIR 1-2 Son set failure	<b>SQUAT</b>	4x8-10 2x12-15	RIR 1-2
<b>INCLINE DUMBBELL PRESS</b>	4x6-8	RIR 1-2 Son set failure	<b>BARBELL ROW</b>	4x8-10	RIR 1-2 Son set failure	<b>LEG PRESS</b>	4x8-10 2x12-15	RIR 1-2
<b>CABLE CROSS</b>	3x12-15	Failure	<b>CABLE ROW</b>	3x12-15	Failure	<b>LEG CURL</b>	5x12-15	Failure
<b>OVERHEAD PRESS</b>	4x8-10	RIR 1-2	<b>ROPE PULLOVER</b>	3x12-15	Failure	<b>CALF RAISE</b>	4x15-20	Failure
<b>LATERAL RAISE</b>	4x12-15	Beyond failure	<b>PULL UP</b>	1x Max	Failure			
<b>REAR DELT</b>	3x12-15	Beyond failure	<b>BARBELL CURL</b>	4x8-10	RIR 1 Failure			
<b>TRICEPS PUSHDOWN</b>	4x8-10	Failure	<b>DUMBBELL CURL</b>	4x8-10	RIR 1 Failure			

<b>Cuma</b>			<b>Cumartesi</b>		
<b>INCLINE DUMBBELL PRESS</b>	4x6-8	RIR 1-2	<b>LAT PULLDOWN</b>	4x8-10	RIR 1-2 Son set failure
<b>CABLE CROSS</b>	3x12-15	Failure	<b>CABLE ROW</b>	4x12-15	Failure
<b>OVERHEAD PRESS</b>	4x8-10	RIR 1-2	<b>ROMANIAN DEADLIFT</b>	4x8-10	RIR 1-2
<b>LATERAL RAISE</b>	3x8-10 3x12-15	Failure Beyond failure	<b>DUMBBELL CURL</b>	4x8-10	Failure
<b>REAR DELT</b>	3x12-15	Failure	<b>LEG PRESS</b>	5x8-10	RIR 1-2
<b>TRICEPS PUSHDOWN</b>	4x8-10	Failure	<b>CALF RAISE</b>	4x15-20	Failure